



ERNEST ORLANDO LAWRENCE
BERKELEY NATIONAL LABORATORY

**Environment, Health, & Safety
Training Program**

EHS 123 ~ Adult Cardiopulmonary Resuscitation

Course Syllabus

Subject Category:	Adult CPR	Course Prerequisite:	No
Course Length:	3.5 hours	Medical Approval:	No
Delivery Mode:	Class		
Schedule:	Monthly (2 nd Wed) or by special request		
Location:	Bldg. 48-109		*Dress casual for skill practice

Course Purpose: This course prepares employees to take appropriate actions toward providing emergency Cardiopulmonary Resuscitation, rescue breathing and chokesaving to others until professional emergency responders arrive. The course scope also includes information on the signs and symptoms, treatment, and prevention of medical emergencies such as a heart attack, stroke, or other cardiovascular disorders.

Course Objectives:

- Provide information on the signs and symptoms of cardiovascular illnesses that can be precursors to heart attacks.
- Provide information on the prevention of cardiovascular conditions such as elevated cholesterol and hypertension, which contribute to the potential for a heart attack.
- Prepare employees with a background of information regarding the signs, symptoms, and conditions of a cardiovascular emergency, in conjunction with manipulative information to intervene as a first responder.
- Prepare employees with sufficient information and practice to be able to pass a manipulative performance test of CPR skills on a manikin.
- Provide employees with information and practice on rescue breathing and chokesaving skills.

Course Instructional Materials:

- PowerPoint Presentation
- CPR Video
- CPR HeartSaver Manual (American Heart Assn. Publication)
- Manikins

Instructors:

Fire Department Staff
Training contact: Valerie Quigley x7032

Training Compliance Requirements: 8CCR 3203 & 3400

Course Handouts: American Heart Association booklet, Heartsaver Manual

Participation Evaluation: Written evaluations regarding the effectiveness of the trainer, the training and the visual aids.

Written Exam: No

Practical Exam: Yes

Retraining/Recertification: Required every two years